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‘We’re saying our goodbyes today ... from there he’ll be in a better place’

Police shooting. Wife of gravely injured Const. David Wynn thanks RCMP family, community for support



LEAH HOLOIDAY
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Through quiet tears and staggered breaths, the wife of Const. David Wynn said family members have now said their final goodbyes to the RCMP officer, who was shot in the head while trying to arrest a suspect over the weekend.

Wynn, along with Auxiliary Const. Derek Bond, were both shot by Shawn Maxwell Rehn Saturday as they were investigating a stolen vehicle at St. Albert's Apex Casino.

While Bond was released from hospital later that day, Wynn remained in critical condition.

"Dave is ... we're saying our goodbyes today and then from there he'll be in a bet-

ter place, but today is the day we say goodbye to him," said Shelly MacInnis-Wynn Monday.

Flanked by Wynn's sister Dawn Sephton and clutching the hand of Deputy Commissioner Marianne Ryan, MacInnis-Wynn expressed her gratitude for the outpouring of support from the community over the last three days.

"I just wanted everyone to know how thankful I am for all the support we have gotten, but the first (thank you) needs to go to the RCMP family," said MacInnis-Wynn.

As former Nova Scotians, MacInnis-Wynn said she was grateful for the prayers of people out east, including Wynn's former co-workers.

"He knows you're there and thinking of him," she said.

MacInnis-Wynn also recognized the St. Albert RCMP detachment, saying, "They've been our family since we've moved so far from home."

"That was his work family," she said.

Wynn's sister Dawn Sep-



Shelly MacInnis-Wynn, wife of Const. David Wynn, updated media Monday on the condition of her husband, joined by Wynn's sister Dawn Sephton, right, and Deputy Commissioner Marianne Ryan.
LEAH HOLOIDAY/METRO

ton expressed her gratitude to the paramedic and medical staff who took care of her "little brother."

Before moving to St. Albert five years ago, Wynn worked as a paramedic in Bridgewater, N.S.

Bridgewater police Chief John Collyer remembers Wynn as a "fixture" to the entire town and devoted family

man to his wife and three sons.

"He always wanted to do the best for his community, he was that kind of guy."

After working as a paramedic from 1996 to 2009, Collyer said Wynn began talking to a few of the guys about making a career shift and joining the RCMP.

"Once you have the itch to become a police officer it doesn't go away unless you scratch it," said Collyer, who later acted as a reference when he was contacted by one of Wynn's superiors during his training.

Three days ago, Collyer received a number of phone calls from Wynn's family. He learned that Wynn had been one of two RCMP officers shot during the confrontation.

"It was a tough day Saturday," Collyer said, adding that it's always devastating when an officer is wounded in the line of duty, but this hit home especially hard. **WITH FILES FROM STEPHANIE TAYLOR IN HALIFAX**

More on the suspect, page 3

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St. Albert shooting

Parole board had warned Rehn

Parole board decisions for the man who shot two RCMP officers in St. Albert this weekend seem to foreshadow the violent incident.

Shawn Maxwell Rehn, who appears to have taken his own life after the shooting, served two federal sentences and appeared before the parole board multiple times.

He was usually denied parole and his statutory release, which is mandatory at the two-thirds point of a sentence, was revoked.

Rehn had his release revoked in 2013 because police found him with several knives, a realistic-looking pellet gun and drug paraphernalia, in the company of another parolee.

While they revoked his release, the board recognized his sentence would soon expire and warned him not to possess any weapons in the future.

"When you are in possession of weapons, the public is at serious risk of harm from you, as your past offending demonstrates," they wrote.

Previous parole board decisions found Rehn generally seemed to have a lack of respect for authority.

"The continued progression of your criminal behaviour and attitude of indifference clearly demonstrates your lack of respect for the law," they said.

RYAN TUMILTY/METRO

Mountie shooter had 29 outstanding charges

RCMP attack. Shawn Rehn was a 'troubled' kid, family member says



LEAH HOLOIDAY
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The man who shot two RCMP officers over the weekend was facing 29 outstanding charges, including possession of a prohibited firearm and escaping lawful custody, at the time of his death.

According to court documents, Shawn Maxwell Rehn faced a series of outstanding charges dating back to October 2013 and was under a 10-year firearms prohibition issued in 2010.

Rehn shot RCMP Auxiliary Const. Derek Bond and Const. David Wynn early Saturday morning at the Apex Casino in St. Albert.

While Bond was released from hospital, Wynn remains in critical condition and is not expected to survive.

Along with his outstanding charges, Rehn had been convicted 20 different times for a series of crimes including assault, restricted weapon charges, breaking and entering, theft and drug charges. His sentences ranged from probation orders and fines to as much as five years in jail.

In 2009, an Emergency Protection Order was issued



Shawn Rehn, the shooter in this weekend's attack, was wanted on warrants for failing to make a court appearance. FACEBOOK

against Rehn to protect a former girlfriend and their child, after the girlfriend said she feared for their safety.

According to a court transcript, Rehn's girlfriend told the court he verbally and physically assaulted her on two different occasions.

"He choked me out and stepped on my hand and ripped out my hair and broke my collar bone," she told a judge.

The EPO also identified

Rehn as a drug user with a "violent nature."

A family member, who wished to remain anonymous, said Rehn was a troubled kid growing up who bounced around between homes of different family members.

"I think Shawn's biggest problem was he was looking for attention," they said, noting it was a shock to the system to hear about Rehn's death.

"I always felt bad for the boy

Long history

Rehn's first charges as an adult date back to 1999 for break-and-enter charges in Edmonton. Rehn was later charged throughout the province, including Evansburg, Calgary and Drumheller.

growing up," they added, calling Rehn a "misguided youth."

WITH FILES FROM RYAN TUMILTY

1 NEWS

RICK MERCER REPORT

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City considers backing youth council on GSAs



RYAN TUMILTY
ryan.tumilty@metronews.ca

Edmonton city councillors will consider adding their voice to the chorus of groups calling for the province to support GSAs in Alberta schools.

Responding to a report from the city's youth council, the community services committee voted to have the mayor draft a letter to Premier Jim Prentice indicating their support.

Mayor Don Iveson said

he supports GSAs and believes the province should as well. He said the public school board's commitment to them in Edmonton has shown real results.

"Young people across the province are affected by this and a huge number of young people in Edmonton have seen the benefits of GSA in schools," he said.

He said fundamentally he believes GSAs make LGBTQ kids safe and that's where it should end.

"GSA are one of the proven ways that school boards,

Quoted

"GSA are one of the proven ways that school boards, schools and kids can express that commitment to safety."

Mayor Don Iveson

schools and kids can express that commitment to safety," he said.

The youth council debated the issue in December, but according to its bylaws it needs city council's approval before engaging with other levels of government.

Claire Edwards, the youth council's chair, said they had only hoped they would get the OK to send their letter, but are thrilled to have city council joining their cause.

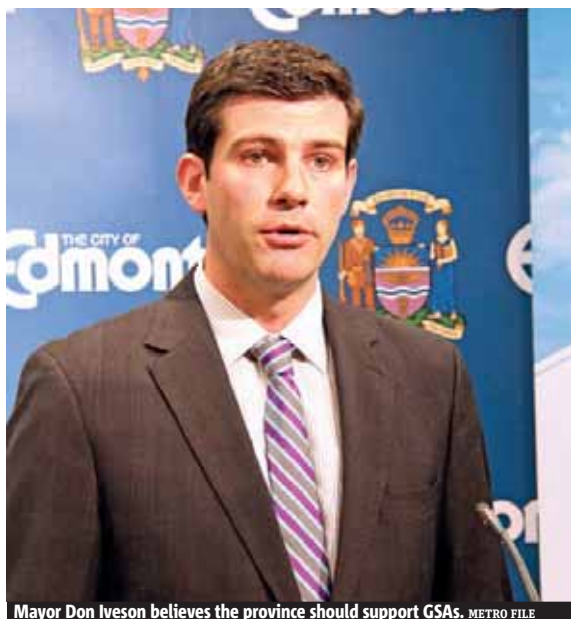
"I think that will send a really strong message to Premier Prentice," she said.

She said she didn't expect council to weigh in as well, but is pleased they did.

"It's a really difficult to engage on these controversial issues and you don't want to make enemies," she said. "That is really going above and beyond."

Mayor Don Iveson said the city gets good advice from the youth council and he hopes the province heeds their advice on this.

"It's a bright and engaged group of young Edmontonians who we benefit from."



Mayor Don Iveson believes the province should support GSAs. METRO FILE



Minister worried by MRU benefits

Executive pay. Former VP Hope Henderson received lofty payout



JEREMY NOLA
Metro in Calgary

Alberta's post-secondary minister says he's "very concerned" about a lofty benefits bill racked up by a former executive at Calgary's Mount Royal University and will be raising the matter of executive pay at an upcoming meeting with chairs and presidents of institutions province-wide.

Don Scott said he's at-

tempting to foster "an environment of fiscal restraint" in the post-secondary sector as the decline in oil prices has the province staring down a multibillion-dollar deficit.

"What I'm describing to you is strong level of concern given the fiscal environment that we're entering," Scott said Monday, addressing the compensation paid out to Hope Henderson, the former vice-president of university advancement at Mount Royal.

Metro first reported late Sunday that she earned \$267,000 in "cash benefits" over 9.5 months in the fiscal year ending June 30, 2014.

Henderson also raked in \$159,000 in base pay and \$5,000 in non-cash benefits. Her total earnings (\$431,000) topped those earned by school president David Docherty, who worked the whole year, and her cash benefits specifically were more than those earned by the president and three other executives combined.

"This is a very good opportunity for each Campus Alberta institution to review their executive compensation," Scott said Monday. "We're going to be discussing several issues with our board chairs relating to the fiscal challenges that Alberta faces."

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Premier takes T-bird home from U.S. auction

It was fun, fun, fun for Alberta Premier Jim Prentice on the weekend when he took the T-bird away at a vintage car auction in Arizona.

The 1956 Thunderbird has a colonial white exterior with a dark-blue peacock interior. It comes with power seats, power windows, power steering, a three-speed automatic transmission and a 313-cubic-inch, eight-cylinder engine.

The premier's winning bid, including the auctioneer's commission, was \$59,400 US, or about \$71,000.

Prentice bought the car

in Scottsdale from Barrett-Jackson auctions, which specializes in vintage and high-end automobiles.

A spokeswoman for the premier confirmed the purchase.

"Once he completed government business in Houston, he flew on his own time and at his own cost to Arizona and back to Edmonton," said Emily Woods.

"The premier is a car lover and had been looking for this particular car for many years."

A spokesman from Barrett-Jackson had earlier confirmed the premier was at the auction.

"I can confirm that Prentice was here, but I cannot discuss anything further," said Rodney Scarce, a senior media relations supervisor for Barrett-Jackson.

THE CANADIAN PRESS

1956 Thunderbird

The premier's new car has a colonial white exterior with a dark-blue peacock interior. It comes with power seats, power windows, power steering, a three-speed automatic transmission and a 313-cubic-inch, eight-cylinder engine.

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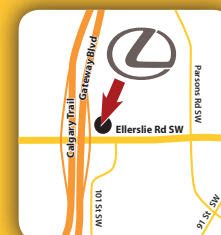
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No big Churchill Square facelift until LRT constructed, city says



The paving stones in Churchill Square are a major maintenance problem for the city. It's costing Edmonton as much as \$50,000 a year to replace the broken stones. METRO FILE

Maintenance. City officials looking at minor tweaks in the meantime



RYAN TUMILTY
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Churchill Square will still get some minor upgrades over the next few years, but any plans of a major facelift are on the back burner for now.

City councillors got an update on the plans for the square on Tuesday.

Administration officials had suggested a more dramatic overhaul of the area last year, but concern from festivals and cost concerns forced the city to

reconsider.

Adam Laughlin, with the community services department, said over the next year, the city is looking at options for "de-roading" 102A Avenue, the road that currently runs between the square and city hall, adding they're also considering doing something about the grassy area near 99 Street, and coming up with a new option for the pink paving stones.

Those paving stones are an ongoing maintenance issue for the city costing as much as \$50,000 a year to replace the broken stones. Laughlin said they want something that will be more durable.

"The intent is not to take away the esthetic look of the tiles, but perhaps something

Quoted

"I wouldn't want to wait five or six years to do some of this work."

Mayor Don Iveson, on making major updates to Churchill Square.

that is more resilient," he said.

The grassy area also suffers from wear and the city is frequently replacing it, so Laughlin said they're looking at other options for that as well.

Mayor Don Iveson said any major work on the square is going to have to wait until after the southeast LRT construction is finished, but these minor issues should be addressed.

"I wouldn't want to wait five or six years to do some of this work," he said.

U of A to get \$16.5M in research funds this year

The University of Alberta will receive \$16.5 million this year to support research costs thanks to funding from the federal government.

The Research Support Fund will go towards supporting overhead costs not covered by research grants, including salaries for administrative staff and students, maintaining labs and securing patents for inventions, across the country.

"Those behind-the-scenes costs can truly add up, but all the functions they represent are essential to keeping our universities and colleges world-class,"

In numbers

\$137M

The University of Alberta has reaped \$137 million in research-support funds since 2006.

Minister of State (Science and Technology) Ed Holder said at an announcement on campus Monday.

The government's Research Support Fund will total \$342 million this year. Institutional funding is based on the number of research grants that the university secures. The U of

A has reaped \$137 million in research support funds since 2006.

"The more successful a school is, the more they make," Holder said.

The funds will allow researchers to stay focused on their work, rather than worrying about funding for facilities that are "absolutely critical" to their research, said Mario Pinto, president of the Natural Sciences and Engineering Research Council of Canada.

Holder acknowledged the move was "partly in response" to slashed provincial post-secondary funding, including the seven-per-

cent hit in academic spending the U of A suffered last year.

The Prentice government is warning of impending cuts in the April budget as oil revenues continue to plummet.

"We know that provinces have their challenges and provinces are doing the very best that they can," Holder said.

"But this is our commitment as a federal government to put direct funding into colleges and universities. And we're excited to see what the result is going to be."

ALEX MIGDAL/FOR METRO



MP Mike Lake, left, and MP Laurie Hawn, right, join Minister of State (Science and Technology) Ed Holder as he announces \$16.5 million in research support funding to the University of Alberta on Monday.

ALEX MIGDAL/FOR METRO



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Edmonton public school board trustee Sarah Hoffman announced Monday she would step down as chairwoman while she chases the NDP nomination in Edmonton-Glenora. LEAH HOLOIDAY/METRO

Public board boss quits to run for NDP

Politics. Sarah Hoffman taking stab at provincial seat



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Edmonton's public school board chairwoman announced Monday she'll be stepping down as head of the board as she vies for an NDP nomination in Edmonton-Glenora.

Sarah Hoffman said, however, she will continue on as a trustee.

While Progressive Conservative MLA Heather Klimchuk currently holds the riding, Hoffman said she's confident the community is looking for a change, especially after 11 Wildrose MLAs crossed the floor to the PCs last year.

"I think they're definitely rethinking where they cast their vote this next time and I think that's going to create good opportunities for myself and for the NDP," said Hoffman.

Hoffman said she was first tempted to seek a nomination

in October after Rachel Notley was appointed NDP leader, but it wasn't until she witnessed the handling of Bill 10 and gay-straight alliances by the Jim Prentice government that she made her final decision.

While she planned to start door-knocking Monday night, Hoffman guaranteed she would be able to balance a campaign with her work as a trustee.

"I've been a trustee for four and a half years now. I think my community knows me very well. They know how to get a hold of me and I'm confident that I can continue to be a trustee and run an election campaign," she said.

Last year during the byelection, Calgary Board of Education trustee Shelia Taylor made a similar move for a seat in the legislature, but had to resign from the board due to a conflict of interest.

Hoffman said if she secures the nomination, she'll seek a leave of absence during the election period.

Former NDP leader Ray Martin helped Hoffman make her announcement, calling her a "first-rate advocate for public education" in Edmonton.

Court

Money behind pipe-bomb killing, says prosecutor

A Crown prosecutor says an Alberta financial adviser built a pipe bomb in his garage, wrapped it as a Christmas present and left it on the doorstep of a disabled client.

Anders Quist told a jury in his opening address Monday that Brian Malley wanted

Victoria Shachtay dead. The man had lost all of her money and had resorted to giving her cash out of his own pocket, Quist said.

"He was going into debt to keep her going," the lawyer said. "He killed her to cut his losses."

Malley stood in court and pleaded not guilty to charges of first-degree murder, causing an explosion and sending a person an explosive device.

His lawyer, Bob Aloneissi, told the jury someone else

was out to get Shachtay or her family.

Shachtay, 23, died instantly when she opened a box inside the green-and-gold gift bag in her apartment in Innisfail on Nov. 25, 2011. She had been sitting in her electric wheelchair at a dining-room table.

Seven years earlier, when Shachtay was 16 and pregnant, she was paralyzed in a car crash. Left a quadriplegic, she didn't lose the fetus and, when she later delivered the child, named her Destiny.

Court heard Shachtay received a \$575,000 court settlement in 2007 because of the accident. She then turned to Malley, a family friend, to help her invest the funds.

Malley, 57, invested the money, along with another \$200,000 he advised Shachtay to take out as a loan, Quist said. But instead of helping her savings grow, Malley lost it all.

He kept making payments to Shachtay — \$44,000 worth — but from his own accounts.

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Post-holiday retail slowdown is a challenge for laid-off job seekers

Target. 'January and February is not a great time to be looking for work': Economist

Laid-off retail workers, including more than 17,000 hit by Target's decision to pull out of Canada, face grim job prospects as they dust off their resumes and start looking for work, according to labour experts.

"I suspect they are feeling some anger and some very genuine fear," said Brock University labour expert Kendra Coulter, noting that many retail-sector staff work only part-time hours.

"Many of them will not be eligible for employment insurance and are facing a very scary future."

Target Corp. announced last week it would close all 133 locations in Canada less than two years after the U.S. discount-retail giant made its

foray north of the border by taking over former Zellers locations.

Angella MacEwen, senior economist at the Canadian Labour Congress, says it could take between six months to a year for the employees to find replacement work, particularly given the cyclical slowdown in the retail sector during the post-holiday season.

"January and February is not a great time to be looking for work and, with a whole bunch of people at the same time flooding the labour market, there are a lot of people who are going to be out of luck," MacEwen said.

Workers affected by Target's exodus from Canada are likely to struggle to pay the bills while they look for their next job, MacEwen said.

"These are minimum-wage jobs, and a lot of Canadians in that position are living paycheque-to-paycheque and can't really go six months without regular pay," she said.

"It's looking like it's going



More than 17,000 Target employees will find themselves out of work once the discount retailer closes its doors. Canadian Labour Congress senior economist Angella MacEwen says this could leave many job seekers out of luck, as the availability of retail jobs slows down after the holidays. SCOTT OLSON/GETTY IMAGES

to be a significant struggle for these workers and their communities, although, over time, they will be able to find work eventually."

Statistics Canada said the economy lost 10,700 jobs in November and another 4,300 jobs in December as gains in full-time employment failed to

keep up with the losses of part-time jobs.

The two months of losses followed big gains of 74,100 and 43,100 in September and October, respectively.

Target Canada's U.S. parent has set up a \$70-million trust fund to cover employees' severance payments. The company said most workers will

receive 16 weeks' pay.

But Lee Harbinson, an employee at the discount retailer's Pickering Town Centre location, says it's not a real severance package, as many employees will still be working during those 16 weeks as the discount chain winds down its operations.

Harbinson, who works part-time unloading trucks and stocking the clothing section, said he wasn't surprised by the news, as he had watched sales languish for the nearly two years he worked at the store.

"I'm not in panic mode just yet," Harbinson said. "I saw this coming from a mile away."

Harbinson, who also works as a freelance photographer, is taking stock of his options and isn't planning to pursue another retail job. Going back to school is a possibility, says Harbinson, who used to work in an ad agency before the recession hit.

"Retail will be a last resort for me," he said.

THE CANADIAN PRESS

Court

Magnotta files conviction appeal

Luka Rocco Magnotta has filed an appeal of his conviction on five charges last month, including the first-degree murder of Chinese student Jun Lin. Documents made public by the Quebec Court of Appeal and filed by Toronto-based lawyer Luc Leclair state the trial judge erred in a number of instances.

THE CANADIAN PRESS

Dalhousie University

Dentistry student not treated fairly, says lawyer

Ryan Millet — a member of a Facebook group accused of posting hateful comments about female members of Dalhousie University's dentistry school — blew the whistle on the classmates who made the remarks, but has been treated unfairly by the school, the man's lawyer said.

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Kenyan students hold up a placard brought by activists during a demonstration Monday against the removal of their school's playground at the Langata Road Primary School in Nairobi. Police tear-gassed students at the demonstration, prompting the suspension of the officer in charge at the scene. BRIAN INGANGA/THE ASSOCIATED PRESS

Kenyan police use tear gas on schoolchildren

Nairobi. Students at Langata Road Primary School were demonstrating against the removal of their playground

Kenyan police on Monday tear-gassed schoolchildren demonstrating against the removal of their school's playground, which has been allegedly taken over by a powerful politician, said a Kenyan human-rights activist.

The students from Langata Road Primary School were in the front line of people pulling down a wall erected around the playground, said Boniface Mwangi. Primary-school children in Kenya are usually between six and 14 years of age.

"The governor, the senator and other government officials

Quoted

"This is brutality beyond words and greed beyond description."

Raila Odinga, opposition leader

are all scared of the politician. They cannot do anything to stop the playground from being taken," Mwangi said.

Television footage showed children, some being carried away, writhing in pain, screaming and choking because of the tear gas. Police officers later brought dogs to the playground.

Acting police Chief Samuel Arachi said he has suspended the police officer who was in charge at the scene of the protest.

In such an incident, tear gas is not used because the protests were not violent, Arachi said. He said five people have

been arrested: three for vandalism and two for incitement.

Elijah Mwangi, who was in charge of the police officers at the school, said he was following orders.

Opposition politician Eliud Owalo said last week that the playground had been grabbed to construct a parking lot for the politician's hotel adjacent to the school.

"This is brutality beyond words and greed beyond description. It is difficult to believe that police can actually deploy against primary-school children and lob tear gas at them to defend a land grabber.

"This image of a nation determined to steal forcefully from its own children cannot be what we aspire to. It cannot be the legacy we want to bequeath the children," said opposition leader Raila Odinga.

THE ASSOCIATED PRESS

Theft

Widow of man killed in British terror attack jailed

The widow of a man killed in the 2005 terrorist attacks on the London transportation system has been jailed for stealing money from the compensation fund intended for her son.

Louise Gray was sentenced Monday to two years and eight months in prison after stealing 43,000 pounds (\$65,000 US) from her son Adam. Gray had pleaded guilty. THE ASSOCIATED PRESS

London

Parents shocked by birthday bill

It was not what Derek Nash expected to find in his five-year-old's school bag: a bill demanding a "no-show fee" for another child's birthday party.

Nash said the bill from another parent sought 15.95 pounds (\$24 US) because his son Alex had not attended the party at a ski centre. Nash said he had initially accepted the invitation but realized Alex was supposed to visit his grandparents. THE ASSOCIATED PRESS

1994 bombing

Prosecutor who accused Argentine president dies

Argentina's government said Monday that a prosecutor who had accused President Cristina Fernandez of shielding Iranian suspects in the 1994 bombing of a Jewish community centre died of a self-inflicted gunshot wound in his apartment. Alberto Nisman was found in his bathroom Sunday, hours before he was to testify in a congressional hearing. THE ASSOCIATED PRESS

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Online retail

Amazon primed to get into the movie business

Amazon Studios said Monday that it will significantly expand into movie production by acquiring films for theatrical release and early-window streaming through its Amazon Prime Instant Video service. A key aim is to get movies to its website four to eight weeks after theatrical release instead of the current three months.

Roy Price, vice-president of Amazon Studios, said the goal is to produce 12 movies a year, beginning later this year.

THE ASSOCIATED PRESS

Switzerland

Banker found guilty of passing secrets to WikiLeaks

A former private banker was found guilty Monday of breaking Switzerland's strict secrecy laws by passing confidential client data to WikiLeaks in 2007.

Rudolf Elmer claims he was trying to expose rich tax evaders banking with his former employer, Julius Baer Group, who fired him in 2002.

Elmer was fined 16,800 Swiss francs (\$23,000 US) and suspended for three years. Prosecutors had demanded a 3-1/2-year prison sentence.

THE ASSOCIATED PRESS

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Dow Jones: Closed.

Executive in nut rage case pleads not guilty

Airline safety. In custody since Dec. 30, Cho Hyun-ah faces up to 15 years in prison

The former Korean Air executive famous for an inflight tantrum over macadamia nuts pleaded not guilty Monday to violating aviation safety law and hindering a government investigation.

Lawyers for Cho Hyun-ah did not dispute the major elements of the prosecutor's account of events on Dec. 5 when Cho forced a Korean Air jet to return to the gate. Instead, they are focusing on a technical rebuttal.

Prosecutors accused her of forcing a flight to change its route, which was the most serious charge, with a maximum prison sentence of 10 years. The three other charges Cho faces are the use of violence against flight crew, hindering a government probe and forcing the flight's pursuer off the plane.

Cho's attorney Yu Seungnam told a panel of three judges that the flight had moved only 17 metres from the gate at New York's John F. Kennedy airport before it returned, which did not



Cho Hyun-ah, the former Korean Air executive who made headlines after an inflight tantrum over macadamia nuts, pleaded not guilty Monday to violating aviation safety law and three other charges. THE ASSOCIATED PRESS FILE

amount to a forced change of an aviation route.

Cho admitted using violence against one flight attendant in first class by pushing her shoulder and throwing an object at her, but denied that she poked the hands of chief flight attendant Park Chang-jin with a book. Yu argued that those acts did not amount to threatening safety on the flight.

Cho spent most of the first day of her trial Monday with her head lowered and hair covering her face.

Two other defendants also pleaded not guilty. Korean Air executive Yeo Woon-jin was charged with interfering with the government investigation and a transport ministry official was charged with leaking secrets about the investigation. Prosecutors highlighted an email showing that Yeo had asked a Korean Air customer service executive to help prevent legal action against Cho by giving special treatment to the first-class passenger who sat near her.

THE ASSOCIATED PRESS

Richest 1% soon wealthier than rest of world combined: Oxfam

The richest one per cent of the population will own more than half the world's wealth by 2016, Oxfam International said in a report released as the World Economic Forum begins in Davos, Switzerland.

Oxfam said the world's richest people saw their share of wealth jump to 48 per cent last year from 44 per cent in 2009. Rising inequality is holding back the fight against global poverty as the world's biggest companies lobby the

U.S. and European Union for beneficial tax changes at a time when average taxpayers are still paying the bill for the financial crisis, Oxfam said.

"Do we really want to live in a world where the one per cent own more than the rest of us combined?" Winnie Byanyima, Oxfam's executive director, said in a statement.

The health-care and financial services industries spent almost \$900 million US to lobby the U.S. government

for favourable legislation in 2013, and more than \$200 million US was spent on lobbying in the EU, Oxfam said. At the same time, one in nine people don't have enough to eat and more than a billion people live on less than \$1.25 US a day, Oxfam officials said.

The charity is calling for a crackdown on tax avoidance by corporations and rich people, with increased investment in health and education. THE ASSOCIATED PRESS



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VOICES

CHEAP OIL NO EXCUSE

Scott Hennig of the Canadian Taxpayers' Federation gives us a provincial history lesson to illustrate why our premier should cut spending, not raise taxes



SCOTT HENNIG

readers@metronews.ca

Alberta's 16th premier has a lot in common with Alberta's 11th and 12th premiers. But if Jim Prentice hikes taxes or introduces a new provincial sales tax (PST), he will be repeating a history most Albertans would rather forget.

Don Getty became Alberta's 11th premier in Nov. 1985.

On the day he was sworn in, oil sat at \$30.81 per barrel. Four months later, oil prices plummeted to \$12.62, turning a small deficit into a large one.

Jim Prentice became Alberta's 16th premier on Sept. 15, 2014. On that day, oil was sitting at \$92.86 per barrel. By Jan. 15, oil prices had dropped 50 per cent, making the giant hole in the provincial budget even larger.

Getty inherited a government that had been spending like drunken sailors. In today's dol-

lars, Getty's first budget spent nearly \$12,000 per Albertan on programs — by far the highest in the nation.

Prentice has inherited a government that has been spending like bankers at a bachelor party. Last year the government spent nearly \$10,800 per Albertan on programs — nearly the highest in the nation.

The rest of Don Getty's story is written, whereas Prentice's is not.

Getty opted to run up the credit-card bills and hike taxes. His 1987 budget raised business taxes by more than a third, health-care premiums by 28 per cent, nursing home fees by 40 per cent. New fuel and hotel taxes were introduced, and liquor taxes, insurance taxes and income taxes went up across the board. However, the one tax he would not touch was the introduction of a provincial sales tax (PST).

Ignoring spending reductions, taking on debt and hiking taxes did little for the budget and nothing for Alberta's economy.

Alberta's 12th premier, Ralph Klein, never faced a rapid, massive drop in oil prices during his tenure — mostly because they were very low for half of his time in office. Oil prices never reached \$30 a barrel again until February of 2000 — over seven years into his time as premier.

But like Prentice, Klein inherited a systemic, long-term deficit. When Klein took office, the books hadn't been balanced for seven straight budgets.

As for Prentice, currently we are nearing the end of the seventh straight budget that hasn't truly been balanced (as long as you don't count borrowing billions, draining contingency funds or changing the definition of a balanced budget).

Even during the days of \$11 oil (oil prices actually hit \$10.86 in December of 1998) Klein never hiked income taxes or mused about the introduction of a PST. In fact, Klein was so opposed to a PST that his government passed the Taxpayer Protection Act — a law in place today

that would require the Prentice government to take a PST to a province-wide referendum.

Klein recognized that spending was the real problem, not revenues. The same is true today. Last year, Alberta spent 21 per cent more, per citizen, than neighbouring British Columbia. We are one of the highest spending provinces in the nation.

While low oil is far from ideal, it's no excuse to hike income taxes or introduce a PST. Premier Prentice would be wise to look at the similarities he shares with both Getty and Klein and decide which history to follow.

He can hike taxes, maintain sky-high spending and deficit budgets while driving Alberta's economy into the ditch like Getty, or cut spending, balance the books and eventually get to lower taxes like Klein.

The choice should be obvious.

Scott Hennig is the acting Alberta director of the Canadian Taxpayers' Federation

We're surpassing the limits of our planetary boundaries — it's really time Canada goes green



STEPHANIE ORFORD

readers@metronews.ca

It sounds like the opening of a disaster movie: Humans have broken four of the planet's nine planetary boundaries and a new era of potentially devastating climate change has begun.

Sadly, it's not. This was a sobering finding published last Thursday by climate scientists in the journal *Science*.

The researchers investigated nine key environmental factors or "planetary boundaries." Each has an upper limit beyond which climate effects are unpredictable and potentially dangerous for human civilization as we know it.

According to the study, since industrialization in the early 20th century, human activities have broken the boundaries when it comes to levels of extinction, deforestation, atmospheric carbon dioxide, and nitrogen and phosphorous pollution from fertilizer. Lake Erie's "dead zone," an area choked up with algae, is the direct result of fertilizer runoff.

As Canadians, we tend to see ourselves as pretty green. Public opinion in Canada has shifted in favour of all things environmentally friendly.

Canadians actively seek out "green" products, services and lifestyles. Environmentalism is no longer for fringe groups.

It's the default.

But as a supposedly progressive, developed country, Canada has been embarrassingly, shockingly unresponsive to climate change reform. A report released in 2013 ranked Canada 55 out of 58 in its efforts to rein in greenhouse



A Panda Bear sleeps in the Olympic Games Panda Bear enclosure at the Beijing Zoo. The earth has become barely inhabitable to pandas due to deforestation and other factors, but a new study suggests humans may also be making the planet uninhabitable for ourselves. GETTY IMAGES FILE

gas emissions.

The economy is not an excuse. With dramatically low worldwide oil prices threatening a traditional keystone of Canada's economy, there's no better time to diversify into renewable energy and other green innovations. Clean, energy-efficient technologies such as solar panels are plunging in cost and rocketing in efficiency, making them ripe to take off with consumers as they reach parity with more polluting technologies.

Humanity has had it real good for the past 11,700 years, an epoch known as the Holocene period. Civilizations sprouted spontaneously across the world and got busy at breakneck speed, in geological terms, developing agriculture, organized societies, science — civilization as we know it. The researchers established the "planetary boundaries" based on these conditions.

But now we're wearing out our protective bubble. Researchers don't know what will happen as we exceed the nine boundaries, but they warn that if we maintain our current trajectory, Earth "is likely to be much less hospitable to the development of human societies."

Canada needs to follow the lead of its citizens and set an example in implementing green policies. The government should enthusiastically fund research, subsidize environmentally forward-thinking companies and technologies and create opportunities for green investment and innovation.

Give us ways to help the planet within our means, and we'll embrace them.

Stephanie Orford is a writer based in Vancouver.

Power your immune system

Nutrition. Eat lots of fruits and vegetables in various colours, plus fish, nuts and seeds

TANYA ENBERG
For Metro

Even though cold and flu viruses seem to be all around us during the winter, you can help aid in the fight against unwanted germs by choosing the right foods.

But is there really such a thing as cold and flu-fighting super foods?

Absolutely, experts say. "A well-balanced diet is really important," said Sarah Remmer, a Calgary-based registered dietician and nutritionist.

"Having a nice balance of macronutrients — protein, carbohydrates, and fats — as well as micronutrients — vitamins and minerals — coming from different food groups is key to growth, development and immunity in kids, as



Dark, leafy greens, such as spinach and kale, are rich in vitamin C, as well as other antioxidants, and folate, which can assist with repairing DNA and fuel new cell development. SHUTTERSTOCK IMAGES

well as staying healthy, maintaining a healthy weight, keeping immune systems strong and staying energized in adulthood."

When scanning the fridge for something to eat, some items simply pack more nutritional punch than others.

"I would say that it's important to still reach for at least three to five colours of fruits and vegetables every

day at minimum," Remmer said.

"Include healthy sources of fat, such as omega-3 rich fish — an immune-boosting food — as well as nuts and seeds that contain B vitamins, such as niacin, as well as the antioxidant vitamin E, both of which protect your immune system."

According to Dr. David White, associate professor



Sweet potatoes help ward off the winter cold because they contain beta carotene, which is converted into vitamin A in the body, helping defend against bacteria, viruses, and germs that can cause illness.

of family and community medicine at the University of Toronto, when bolstering the odds against catching a cold or flu, simplicity reigns.

"It really is the basics," White said. "Good nutrition, fresh fruit and vegetables, and enough sleep."

This can easily translate into nutritious, well-balanced meals that don't require major prep time.

"Quick and simple meals can still be healthful and immune boosting — they don't have to be gourmet," Remmer said.

"For example, consider having oatmeal, Greek yogurt and berries for dinner if time is tight. Or making tuna melts using canned tuna fish, tomato slices and sprinkled cheese on whole grain bread, with vegetable soup."

Reach for flu-busting super foods

Yogurt is known for containing beneficial probiotics that aid in the digestive track, but there is also research indicating that probiotics help in the prevention of colds and flus.

Do you fear garlic breath? Get over it and get crushing these flavour-enhancing bulbs. Allicin, an active component of garlic, is considered an immune-boosting powerhouse for blocking unwanted, infection-causing enzymes.

Consider adding salmon, trout, halibut, or tuna to the menu. These oily fish selections aid in strengthening the immune system by increasing the activity of phagocytes, the white blood cells that combat harmful bacteria, said Sarah Remmer, a registered dietician and nutritionist.

TANYA ENBERG/FOR METRO



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Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Jennifer Aniston ALL PHOTOS GETTY IMAGES

Wait, Jennifer Aniston is now on Team Angelina?

Jennifer Aniston and Angelina Jolie both attended the Critics Choice Awards last week — in the same room and everything — and the world did not slip into biblical levels of chaos.

In fact, Aniston even went on record about their infamous feud that started when Brad Pitt left the Friends star and shacked up with the Unbroken director.

"I think that's slowly

coming to an end, I really do," Aniston told Entertainment Tonight at the event. "(Un)broken is so beautiful and wonderful, and she did such a gorgeous job, and I think it's time people stop with that petty B.S. and start celebrating great work and stop with the petty kind of silliness ... It's just tiresome and old. It's like an old leather shoe."

OK, two things, Ms Aniston: One, some of us

like old leather shoes. The thing about leather is the more broken-in it gets, the better. I have a pair, in fact, that get more comfortable each time I wear them. So maybe not the best metaphor.

And, two, while I'm all for the high-minded moving on you suggest, some of us — ahem — would be out of a job without all the petty B.S. and silliness in the world.



Black Eyed Peas

Black Eyed Peas are back! Consider yourself warned

Don't complain later that you weren't warned.

Reigning pop homogenizers the Black Eyed Peas are getting back together for another album and another tour, and there's nothing we can do about it.

"They have already

started working on their new material and will be doing a tour together following the release of their first album," a source tells Radar Online.

"All of the band members are expected to return," including Fergie, will.i.am and the other two.

Sorry Billy, but gay sex is an 'everyday kind of thing'

Billy Crystal has a bone to pick with shows that feature scenes of a homosexual nature, complaining to the Television Critics Association that they're not "to his taste."

"Sometimes I think, 'Ah, that's too much for me.' Sometimes it's just pushing it a little too far for my taste — and I'm not going to reveal to you which ones they are."

Sure, but we can guess.

"I hope people don't abuse it and shove it in our face to the point where it feels like an everyday kind of thing," he added.

Listen, Billy, if you're going to employ neo-conserv-

ative dog whistles in your responses, the correct phrasing is "shove it down our throats," not "shove it in our faces."

And as far as gay scenes feeling like "an everyday kind of thing"? That's sort of the point.



Billy Crystal

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At the start of his U.S. tour, Murs has Never Been Better

Interview. Singer who first found fame on The X Factor is trying to stretch his U.K. success across the pond

After his latest album debuted at number one in his native Britain, pop singer Olly Murs has set his sights on the United States and found some quirks.

Among them, Americans are more prone to tossing things on stage.

"Fans all scream and shout. The American fans, I find, they throw a lot more phones and other objects at me on stage, which was quite strange. They all wanted pictures and selfies and things like that," Murs said.

Murs, a former call centre worker from the town of Witham in Essex, became an overnight celebrity in 2009 when he appeared on the talent show The X Factor to perform a spirited cover of Stevie Wonder's Supertition.

His catchy pop hooks — and pelvis-gyrating dance moves — have helped him to sell more than 10 million copies and to pack arenas in Britain.

But his following in the United States has been considerably more modest than, say, One Direction, the boy band who became global sensations through The X Factor the year after Murs performed and later invited Murs as an opening act in North America.

Murs, speaking as he relished a sweeping view of New York from the top of the Empire State Building, said the goal of any artist was to "get your music across the world to as many people as you can."

"I think you just want to beat what you did be-



Olly Murs kicks off his U.S. tour with a cheer from the top of the Empire State Building. AFP FILE PHOTO

fore, even if it's only by one copy," he said.

For his fourth studio album, *Never Been Better*, Murs has embarked on a U.S. promotion campaign that included a performance on the morning television Today show on Thursday.

In an increasingly rare move in a globalized and Internet-driven music industry, *Never Been Better* is coming out in the United States, the world's largest music market, on March 10 — more than three months after it debuted at number one in Britain.

Never Been Better, which according to Murs' label has cracked the Top 10 in 31 countries, shows the singer co-writing more of his own music.

The opening track,

From call centre to celebrity

Olly Murs has gone from working in a call centre to touring across countries promoting his music. "It's been an amazing turnaround in my life in the past five, six years — I'm being escorted around the Empire State Building!" he says.

Wrapped Up, is a bright dance tune with a funk rhythm and a cameo by U.S. rapper Travie McCoy. The album also features a ballad, Up, with another American star, the singer and former child actress Demi Lovato.

His upbeat music appears to be in line with his persona; his autobiography on his brief career is en-

titled *Happy Days*.

But the 30-year-old acknowledged that he has not been entirely free of self-doubt.

"It was a big change for me from working at a call centre to then, eight months later, I've got all these crazy things happening — new singles and a new album," he said.

He insisted that accounts of a drinking problem were exaggerated and that there was only around one month when he fell into a funk. "We all have difficult months. I don't dwell too much on it," he said. "I think it was more of a way to open my eyes, really, to what was going on around me and my career. I needed to sort it out and I did."

AFP

Profile

Courtney Love's big comeback



SOUND CHECK
Alan Cross
scene@metronews.ca

There's a chance you saw Courtney Love act before you heard her sing. If you think back to the opening scene of Alex Cox's *Sid and Nancy* in 1986, Courtney was the punk crying over Nancy's body as it was removed from the Chelsea Hotel.

For a while, Ms. Cobain straddled the worlds of acting and alt-rock.

There were a few roles during the grunge years (Basquiat, 200 Cigarettes) before she scored big, starring opposite Woody Harrelson in *The People vs. Larry Flynt*, a performance that earned her a Golden Globe.

Then came another acclaimed performance with Jim Carrey as Andy Kaufman's girlfriend in *Man on the Moon*.

By the end of the century, Love was in danger of becoming a genuine *Serious Actor*.™

But then things went off the rails. Far off. Drug problems, family issues, legal woes, a failed solo music career, financial difficulties and oodles of bad press saw Courtney spiral down into a pretty dark place.

Now, though, her career prospects look brighter than they have at any point in this millennium. The big comeback began with a four-episode appearance in *Sons of Anarchy* as a schoolteacher (!) named Ms. Harrison. Then earlier this month, Courtney co-starred in an off-Broadway rock opera called *Kansas City Choir Boy* as part of a festival called *Prototype*. She played Athena, a Midwestern girl who chases her



Alan Cross and Courtney Love
ANDREA CRAWFORD

dream of being a star in New York only to end up murdered. Todd Almond, the production's composer, plays her abandoned and anguished boyfriend.

Roughly based on *The Odyssey* (there's even a chorus of six sirens), Almond told me "I was working on another show in Kansas City when a woman from the cast disappeared and was later found dead in New York. I kept thinking about that until it turned into *Choir Boy*."

So how did he land Courtney as a co-star? "My husband is Courtney's manager. He suggested it."

This past Saturday, I flew to New York for the final performance of *KCCB* and I can attest that it deserved all the good reviews it received. Courtney was electric. Todd Almond should be a star.

And there's more. In two weeks, we'll see Courtney in a recurring role as Elle Dallas on *Empire*, the record industry soap opera that's been a big hit for Fox.

Her role? A bad-behaving druggie diva rock star.

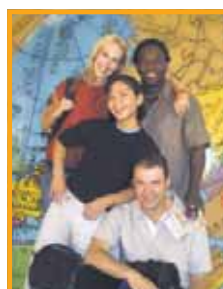
Courtney smiled at me. "Inspired casting, don't you think?"

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Take the embarrassment out of a new fitness routine

Group workouts. You may be new, but you don't have to feel like a newbie

EVA
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It's a good time to make a fitness resolution, with an explosion of boutique studios offering more ways to work out than ever.

And, you may think, just as many ways to embarrass yourself with unfamiliar equipment, complicated routines and the lack of gymnast flexibility.

Many people miss out on great fitness classes because they feel intimidated, and celebrity trainer Simone De La Rue doesn't want that to happen. In addition to clients like Anne Hathaway and Naomi Watts, the Australian also has Body By Simone studios in L.A. and Manhattan — and knows that everyone who walks through the door is a newbie in some way.

But exercising together is worth the initial hurdles: It's motivating, keeps you accountable and creates a community. "Group fitness has been around for years, and it works because you're feeding off the energy of other people," she says.

De La Rue shares how to start off on the right foot.

Get a sneak preview

Feeling intimidated is common, but you don't have to walk into a class totally unprepared.

"A lot of time people come



One of the keys to enjoying group exercise is choosing a class you feel passionate about. ISTOCK

and have a private session first to build up their confidence before they feel comfortable going into the class," says De La Rue.

Ask if the studio can offer you some one-on-one time with an instructor to preview the basic techniques and offer advice in private.

You're all there to sweat, not judge

"A lot of people even struggle looking at themselves in the mirror," says De La Rue.

The thing to remember is that you're the only one looking at you — everyone else is just as busy worrying about themselves.

So face yourself, acknowledge where you are and focus on learning the skills to build your confidence.

Discover your passion

The best class for you is the one you'll go back to.

De La Rue's passion is cardio dance: It's a link to her training as a ballerina and avoids the monotony of running and cycling.

"Dance is using your whole body and using your brain as well to work in coordination," she says. "It's creative, it's expressive, it's a joyous way of exercising."

Those words should describe how you feel doing

whatever exercise you choose.

The hardest part is showing up, but if you're excited to get to it, then the rest is much easier.

Go to the right class

The newest exercise trend may not be for you, and there's always more than one kind of class to work the body parts you're concerned about.

If you're looking for cardio but are not coordinated, skip the dancing and go for the full-body class that works the same muscles.

"Pick something that's in your comfort zone to build up your strength and confidence," she says.

Marijuana

The high — minus the munchies

U.S. TV personality Bethenny Frankel could soon release her own line of marijuana that's been tweaked so that it won't give you the munchies.

The cannabis will be part of Frankel's Skinny-girl brand empire and will be available everywhere in the U.S. where recreational use of marijuana is allowed, according to US Weekly.

So far, this includes Alaska, Colorado, Oregon and Washington. Some states, like California, allow marijuana for medical purposes.

The entrepreneur had tweeted from Aspen, Colorado her delight in seeing marijuana widely available back in December.

After her 2005 appearance on *The Apprentice*: Martha Stewart, Frankel was selected to join the cast of *The Real Housewives of New York City* in 2008.

She launched Skinny-girl, a line of low-calorie cocktails, in 2011, later selling it to Fortune Brands' Beam Global.

She hosted Bethenny, her own talk show, until it was canceled in February 2014. AFP



Bethenny Frankel plans to release marijuana that won't give you munchies. JEWEL SAMAD/AFP

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LEARNING CURVE

Is it time to reinvent yourself?

The onset of the new year often brings resolutions, and many people who make them have post-secondary education goals in mind. Perhaps you want to reapply yourself to your current studies after the holiday break, find the finances to finish a program, or decide whether you want to change your area of study altogether.

The latter case is especially common, with several students dropping out of school at the end of the first term or sometimes after the first few weeks.

"Many young people transitioning straight from high school to college or university haven't given enough thought about what their potential career job really



SHUTTERSTOCK

looks like and whether they have the skills and aptitude for it," says Laurie Edwards, the Halifax-based director of career and

counselling services at the Nova Scotia Community College.

Before making a decision and applying

to a program, Edwards advises doing these three things: Read about the career; talk to someone working in the industry; and try it on for size by volunteering or interning.

Students who choose to drop out should realize that they are going to have to describe their decision in a positive way to potential employers during job interviews. For example, they could explain that they tried the program but didn't feel it was the right fit for the long term, so they have decided to work to replenish their finances while they investigate their next education steps.

If you like your program but you are struggling with finances or your grades are slipping, it doesn't mean you have to quit.

"Check with the student services and business offices on your campus for financial assistance and look into getting a tutor to help improve your grades," Edwards says.

If lack of motivation is the main problem as second term progresses, Edwards offers this advice. "Taking part in extracurricular activities with like-minded people, such as joining clubs, associations or athletics teams, can be a great motivator to get back into studying mode." — Jane Doucet



CONTRIBUTED

A FULFILLING CAREER AWAITS

A degree in social work allows individuals to build a rewarding and fulfilling career in a diverse range of settings, from health care, to child welfare, to non-profit and international settings.

The University of Calgary faculty of social work central and northern Alberta region is the only social work degree-granting faculty in the province. The school trains graduates who are committed to social justice and to creating strong and inclusive societies that embrace diversity and have compassion for the vulnerable.

"The U of C faculty is committed to providing the highest level of professional education, informed by current research and evidence," says Dr. Anne-Marie McLaughlin, associate director, academic, central and northern

Alberta region of the faculty of social work, University of Calgary.

Faculty of social work offers two different streams — the undergraduate program (BSW), or the graduate program (MSW).

To be eligible for the BSW, students must have a diploma in social work, or a minimum of two years of university transfer courses, or hold a previous undergraduate degree.

The faculty of social work is accepting applications for both the BSW and MSW programs for the fall 2015 admission.

The application deadline for the next intake for the BSW is March 1, and the MSW deadline is Jan. 31.

For more information, visit fsw.ucalgary.ca/central-and-northern-alberta.



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Michelle Muchetu has always had a desire to work with people and make a difference in their quality of life by helping them to achieve their dreams.

She is well on her way to achieving her own dream through her training in the community support worker (CSW) program at Excel Academy.

"I now know what it means to truly care

for others," Muchetu says. "I appreciate what I have and am mindful of others that don't have. I know that everyone has hopes and dreams and deserves a chance to have someone help them get there."

She says this program has taught her how to identify what a person may need, and has shown her the diverse ways to communicate effectively and clearly with the different

clients at the Excel Society.

"This program teaches us how to help our clients be who they want to be, become the best of who they are and belong to their own communities as well and participate in their communities," Muchetu says. "My role is to make sure that they are accepted and welcome in their local communities and have valued social roles."

For more information about Excel Academy, email info@excelacademy.ca, or visit excelacademy.ca.



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Learn key skills from industry expert instructors

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There is development all around us, such as new buildings and bridges. Computer-aided designers — like the graduates of Digital School Technical Design College — are key partners to the architects and engineers who envision and plan these developments.

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in these fields can be more achievable than you thought.

"Within one year, students who may have limited background in computers or design learn the skills they need from our industry expert instructors so they're prepared and in demand for the booming job market," says Charles Jarvis, general manager of Digital School.

Digital School works closely with indus-

try leaders to produce graduates who are in demand in the current labour market.

"Not having prior experience in drafting or design is not an obstacle for our new students," Jarvis says.

Digital School is a private, vocational career college that specializes in computer-aided drafting and design training.

All programs have been designed for students to complete their diploma in less than a year so they are ready to enter the job market sooner.

New classes start in March for both architecture or engineering computer-aided drafting technicians.

For more information about Digital School, visit digitalschool.ca.

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Robertson College offers a real-life experience

If you are thinking about a career in health or business, consider training at Robertson College.

"Robertson College in Edmonton has a very unique culture," says Kim McIver, campus director, Edmonton. "We have a hands-on learning approach with small class sizes and a practicum for every course."

With any of Robertson's eight programs, whether it's health or business, students are ready for their new career in less than a year.

The popular health-care aide program includes a hands-on approach in the lab, as well as a six-week practicum.

Robertson offers a number of business programs, such as administrative professional, bookkeeping, accounting and payroll, medical office assistant, legal assistant, and oil and gas administrator programs.

The practicum portion of each of these programs offers students a chance to take what they have learned in the classroom and put it to work in the real world.

"We offer a real-life experience for our students," McIver says.

"It is important to put what they have learned into action in an environment where

they will know the expectations of a job."

To help manage these expectations, Robertson works with the community to find the best, most suitable practicum placements possible.

"By building a strong community involvement as a school we allow a network of companies for our students to be placed in for their practicum as well as a potential career upon graduation," McIver says. "Robertson College understands the needs of the companies in Edmonton and with this knowledge and relationships we can place our students to be potential employees."

Robertson College offers schedules to fit the needs of students who have busy work/home/personal lives, along with reasonable tuition fees.

"You should choose Robertson if you are looking for a hands-on environment with plenty of patient instructors that want you to graduate and have a successful career," McIver says.

Robertson College will be hosting an open house on Feb. 7 from 10 a.m. until 3 p.m. at 10115-100A St., Unit 300. For more information, visit robertsoncollege.com.



Kim McIver CONTRIBUTED



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STUDY A SECOND LANGUAGE

Learning a foreign language can help boost brain power, memory, multi-tasking skills, and self-confidence.

Through the non-credit language program at MacEwan University, arts continuing education, challenge yourself to learn a second language (Spanish and/or French) while improving both your personal and professional skills.

"It takes a lot of guts to learn a second language as an adult and that can really boost your self-confidence," says Diane Shantz,

university adviser/program developer, arts continuing education, MacEwan University.

Shantz says she enrolled in the Spanish courses and found it to make travelling abroad a more enriching experience.

"It opened up my curiosity about the culture and the language," Shantz says. "It really changes the interaction you have in another country."

She says both the French and the Spanish courses offered at MacEwan can have professional benefits as well, as it shows your dedi-

cation and commitment to your profession.

"Learning a second language opens up a whole new job market and can give an advantage over other candidates," Shantz says.

All classes are offered in the evening — spring classes begin April 21 and fall classes begin mid-September.

All classes include 30 hours of instruction and are located at the City Centre campus location.

For more information, please visit MacEwan.ca/ArtsConEd.

Start the new year off right with Academy of Learning

It's easy to get started on educational journey

While it may seem cliché, the new year is all about new beginnings for many.

Some may pursue health or family goals. One way to start fresh is going back to school to pursue the career you have always wanted, and Academy of Learning Career College can help.

"Academy of Learning offers new oppor-

tunities for anyone looking for a better job for the new year," says Charles Jarvis, general manager, Academy of Learning.

"College graduates simply have more options and better salaries when seeking the career they want."

Because Academy of Learning does not have wait lists or limited start times, it is

easier to get started on your educational journey. Instead, Academy of Learning offers flexible, effective, individualized hands-on learning in areas including, but not limited to, business, health care, technology, legal, accounting and tourism.

Academy of Learning is Canada's largest network of career colleges where students can earn their diploma in less than a year, with new students starting each week.

By scheduling a free career consultation, one of the school's experts can guide you to find the training that will help you achieve your career goals.

For more information, contact Academy of Learning for a free career consultation or visit academyoflearning.ab.ca.



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Dr. Paul McElhone CONTRIBUTED

Educating ethical leaders

At the Mihalcheon School of Business at Concordia University College

The Mihalcheon School of Business at Concordia University College will see some changes in 2015.

With a new dean at the wheel, he sees this as an opportunity to rebuild, change and ensure current practices.

"We are in the business of educating ethical leaders for a global economy," says Dr. Paul McElhone, dean of Mihalcheon School of Business. "Our programs are very relevant and very hands on."

When it comes to the business world, it is all about building and nurturing relationships, and at the Mihalcheon School of Business, this starts in the classroom.

The Mihalcheon School of Business offers students small classes sizes and more opportunities to customize their studies.

"There is a lot more customization because there is a lot more conversation that goes on between student and instructor," McElhone says.

This type of interaction between student and instructor helps focus in on the needs of students, who are also able to draw from the first-hand experiences of instructors.

While McElhone says some students come in with the dream of being a CEO of giant organization, this program trains students to manage their expectations and redefine what their dream job may be.

"The sweet spot for our students is that middle management opportunity," McElhone says. "We want our students to look at other options in the business community as well."

In the third year of the program, students have the opportunity to take part in a practicum placement, where they will get a chance to interact with businesses in the community.

"My goal for the third- and fourth-year students is to have as many touch points in the business community as possible," McElhone says.

McElhone says these students often bring fresh eyes to a company, and, in turn, about 80 per cent of students end up with jobs after their practicums.

The Mihalcheon School of Business offers its flagship management program with offerings in accounting, finance, human resources, leadership, or marketing.

For more information about the Mihalcheon School of Business, visit concordia.ab.ca.



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Grow and evolve with faculty of extension

Lifelong learning can be about having fun, while fuelling that desire to be better in your personal or professional lives.

No matter what the reason, the faculty of extension at the University of Alberta offers a number of great programming options to fulfil these educational goals.

“Continuing and professional education — sometimes known as lifelong learning — provides us all with opportunities to enhance our careers, build knowledge and new skills, and network with professionals in our fields,” says Christie Schultz, assistant dean (academic), University of Alberta, faculty of extension. “Continuing and professional education gives each of us opportunities to grow and evolve, personally and professionally, throughout our lives. In short, it makes us better.”

The faculty of extension delivers high-quality educational experiences and offers courses and programs in a wide variety of disciplines, from management and leadership, to health and safety, to environment and planning, to communications and design.

These courses are offered in convenient,

EASY ADMISSION, REGISTRATION

The University of Alberta faculty of extension offers open enrolment and an easy admission and registration process. Students have the opportunity to learn with adults with similar goals and to learn from industry professionals.

Courses are starting soon and advance registration will ensure your seat is reserved. Register online (extension.ualberta.ca) or call (780-492-3109).

flexible formats, designed for the working professional.

Most faculty of extension students are working professionals seeking professional development opportunities, individuals seeking career advancement or preparing for a career change, or individuals seeking or maintaining professional accreditation.

Schultz says this year is all about leadership, and the school has launched the advanced certificate in leadership to align with



Christie Schultz CONTRIBUTED

this new focus, with a related course being offered in February.

“It’s a fantastic program for anyone who is ready to explore the core skills leaders and emerging leaders need to develop,” Schultz says.

The faculty of extension also offers an advanced citation in global leadership, offered fully online and designed for working

professionals who are or will be working internationally.

Current and relevant courses and programs are recognized by several industry and professional associations.

“In fact, many of our instructors are themselves industry professionals,” Schultz says.

For more information about programs and courses, visit extension.ualberta.ca.

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NAIT'S EVENT MANAGEMENT CERTIFICATE

Edmontonians love to gather and celebrate, whether it's at a festival, a fundraiser, a wedding or a conference.

But these events don't happen on their own. They need skilled organizers, people who can plan and smoothly manage these events so their clients can enjoy the day.

That's why NAIT, one of Canada's leading polytechnics, is offering a new event management certificate. It's aimed at those who are considering a career in event management, as well as experienced event planners looking for professional development.

The program offers students the essential courses they need to understand the complexity of event management delivered by leading industry professionals.

Courses include a range of topics that will appeal to both the beginner and seasoned professional — writing event proposals, event design and venue selection, event management communications, as well as professionalism and ethics.

"Students can design their own path with courses that suit their needs, interests and previous experience," says Nancy Milakovic, program manager, business and hospitality, continuing education at NAIT.

"The program allows you to choose a stream of courses to create a specialization. These are a group of compulsory courses and a capstone project that focuses on a particular aspect of the events industry. Currently, we are offering two specializations with the event management certificate — one in program planning and one in operations."

Students learn industry trends, cultural perspectives and technological tools that the experts use. Instructors demonstrate how these skills can be applied in the dynamic environment of the industry, including trade shows, conferences, meetings, milestone events, award ceremonies, new product launches, social, corporate and non-profit events.

Graduates of NAIT's event management certificate understand shifting demographics and are able to maintain healthy industry relationships while attracting, motivating and retaining industry partners, staff and volunteers.

To start your career or advance your current one, NAIT's event management certificate will prepare you for a rewarding career. For more information, visit nait.ca/ConEd.



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BACK TO THE BOOKS



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Get in the game with an elegant venison dish

Theresa's tips

Secrets to cooking wild meats



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

One of the key food trends this year is wild (or at least grass-fed) meats. Maybe that's due to interest in the paleo diet, or maybe it's a symptom of our collective culinary adventuring. But either way, you can't lose by broadening your horizons to include something new.

Game animals move and eat a more varied diet, which makes their meat leaner though sometimes tougher with a better fat profile. Corn-fed animals such as beef cattle tend to contain greater amounts of the more-inflammatory omega 6 and 9 fats, but grass-fed animals have more of the anti-inflammatory omega 3 fat.

That's what you want, more of the good stuff and less of the bad. If you don't have a friend who hunts, butcher shops are

stocking more wild cuts and are wonderful sources of tips on how to prepare the unique proteins. General rules include:

- beginners should choose loin cuts or rib cuts for quick-cook recipes that are more similar to traditional meats;
- game and grass-fed roasts require low and slow, moist cooking methods like braising and stewing;
- be sure your butcher has trimmed all silver skin and as much fat as possible, since game meat fat doesn't taste as good as beef fat and any "silver" is tough and virtually inedible;
- marinate to soften the texture and add flavour;
- don't be afraid to add a bit of butter or duck fat to the meat and/or sauces;
- generally, game meats require less cooking than beef;
- beat any gamey flavour with wild blueberries, juniper berries, thyme, red wine, rich broths, garlic or cream.



Blueberries are among the ingredients that can be used to counter any gamey flavour in wild meat. ISTOCK

Venison Medallions with Sautéed Apple Slices and Wild Blueberry Sauce.

Berries help create a sweet, juicy balance in this savoury dish

FLASH FOOD



From your fridge to your table in 30 minutes or less

Wild blueberries offer top-notch flavour and nutrients directly from the freezer in seconds. In this recipe, they complement the flavour of venison. But they also work well with pork tenderloin. The trick is to cook the sauce separately so that the deep blue-coloured nutrients don't

Ingredients

- 1/2 onion, minced
- 1 clove garlic, minced
- 1 tbsp. butter
- Salt and pepper
- 1 cup (240 ml) red wine
- 1 cup (240 ml) rich beef broth
- 3/4 cup (100 g) frozen wild blueberries
- 1/4 cup (60 ml) currant jelly
- 2 red apples
- 1 1/2 lbs (600 g) saddle of venison (or pork tenderloin)
- 1/2 bunch of thyme



TOTAL TIME
ABOUT 30 MINUTES

This recipe for Venison Medallions with Sautéed Apple Slices and Wild Blueberry Sauce makes four servings. THERESA ALBERT

discolour the meat. Think of them as a way to create a juicy, sweet balance in savoury dishes.

Directions

1. Preheat oven to 350 F.

2. Sauté onions and garlic in butter, season with salt and pepper and let simmer for 5 minutes. Add wine and beef broth and simmer for 2 minutes. Add frozen wild blueberries and currant jelly and simmer, stir-

ring occasionally for 5 minutes. Remove from heat and cool slightly. Core and slice apples, set aside.

3. Dab venison dry on paper towel and cut into 12 equally sized, thin medallions. Heat 1 tbsp. butter in skillet. Sear medallions on all sides 3-4 minutes and season with salt and pepper.

4. Remove medallions from pan and place in oven until sauce is finished. Add apples to pan with a splash of water

or wine if needed.

5. Serve venison medallions with apple slices and wild blueberry sauce. Garnish with fresh thyme leaves.

RECIPE PROVIDED BY THE WILD BLUEBERRY ASSOCIATION OF NORTH AMERICA AT WILDBLUEBERRIES.COM, AND ADAPTED BY THERESA ALBERT.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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Alpine skiing

Vonn breaks World Cup wins record

Lindsey Vonn won a super-G Monday for her record 63rd World Cup victory and celebrated with an embrace from a surprise visitor — boyfriend Tiger Woods.

The American broke Annemarie Moser-Proell's 35-year-old record of 62 World Cup wins with a flawless run down the Olympia delle Tofane course, finishing by a huge 0.85 ahead of Anna Fenninger of Austria.

Wearing a mask, Woods weaved through the crowd unnoticed until he shared an emotional embrace with Vonn, who had no idea that the golfer was coming.

"No way!" Vonn exclaimed when she spotted him.

Woods had a tooth knocked out when a media member with a shoulder-mounted camera surged toward the awards podium, turned and hit Woods in the mouth.

THE ASSOCIATED PRESS

Moguls

Canadian men sweep podium

Mikael Kingsbury led a Canadian podium sweep in the men's dual moguls at the freestyle world championships on Monday.

Kingsbury, from Deux-Montagnes, Que., defeated Philippe Marquis of Quebec City 20-15 in the men's final for his first world dual moguls gold. Marc-Antoine Gagnon of Terrebonne, Que., completed the Canadian sweep of medals by finishing third. THE CANADIAN PRESS



Kavis Reed, who had a 22-32 record with over three seasons as the Edmonton Eskimos' head coach, has joined the Montreal Alouettes to coach field-goal, punt and kickoff teams. TODD KOROL/GETTY IMAGES

Coach Reed returns to sidelines in Montreal

CFL. Former Eskimos head coach to join Alouettes as special teams co-ordinator

The Montreal Alouettes hired Kavis Reed as their special teams co-ordinator Monday.

Reed, 41, served as the Edmonton Eskimos head coach from 2011 to 2013. He played five seasons as a defensive back with Edmonton (1995-99) and

has spent 13 years overall as a coach in the league.

Alouettes head coach Tom Higgins also handled special-teams duties last season.

"Having Kavis on our coaching staff is a great addition for the Alouettes," Higgins said in a statement. "He brings fire and passion to our team, as well as plenty of experience to our staff in place. All of our coaches are excited to get to work with him."

Reed, began his CFL coaching career in '01 as the Toronto

Argonauts special-teams co-ordinator and defensive backs coach. Reed then coached the defensive backs with the Ottawa Renegades (2002-03) before becoming the Hamilton Tiger-Cats defensive co-ordinator (2004-06).

He was a defensive assistant coach with Toronto in '07 before being named their defensive co-ordinator the following season.

Reed joined the Saskatchewan Roughriders' staff as a special-teams/defensive backs

coach in '09. The Montreal Alouettes beat the Riders 28-27 in the Grey Cup that year, thanks to Saskatchewan being flagged for too many men on kicker Damon Duval's errant 43-yard field-goal attempt.

Duval converted the second chance, hitting from 33 yards out as time ran out to give Montreal the narrow victory.

Reed joined the Winnipeg Blue Bombers' defensive co-ordinator in 2010 before being hired by Edmonton.

THE CANADIAN PRESS

4 SPORTS



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Bouchard on to second round

Australian Open.
Genie Army of fans
back in full force
behind Canadian star
in Melbourne

Eugenie Bouchard powered into the second round of the Australian Open on Monday as the seventh-seeded Canadian star defeated German Anna-Lena Friedsam 6-2, 6-4.

The Genie Army of fans, which came together informally at the event a year ago, was back out in force, cheering on the Westmount, Que., native throughout the 78-minute match.

"The Genie Army started here last year; I'm happy they are still alive and strong," Bouchard said after breaking her 98th-ranked opponent four times and hitting 20 winners along the way.

"The first match of a Grand Slam is never easy, I'm happy to get through," she said.

"I'm so happy to be back in

Melbourne. The support here is crazy."

Bouchard broke twice per set in a routine performance against a player who beat her in an entry-level event in 2012.

"I was happy to start strong," said Bouchard.

"Conditions were tough; it was a bit windy and she's a good player. I was happy to stay solid, but there are still a lot of things to improve."

Bouchard will next face Kiki Bertens of the Netherlands, who defeated Australian Daria Gavrilova 7-5 (10-8), 5-7, 6-2.

Melbourne was the venue for Bouchard's breakthrough in 2014, when she reached the final four and duplicated the showing at the French Open before playing in the Wimbledon final.

At the All England Club last year, Bouchard became the first Canadian to reach a Grand Slam final.

Two other Canadian tennis stars, Milos Raonic and Vasek Pospisil, make their first appearances at the Australian Open on Tuesday.

THE CANADIAN PRESS



Eugenie Bouchard finished off German Anna-Lena Friedsam 6-2, 6-4 in 78 minutes on Monday in Melbourne, Australia. HANNAH PETERS/GETTY IMAGES

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You have started many new things in recent weeks and now you want to see some results.

♉ Taurus

April 21 - May 21

You may be intensely ambitious but don't expect too much too soon. A step at a time will get you where you need to go.

♊ Gemini

May 22 - June 21

So many of the things you have been worrying about will fade away over the next few days. It's doubtful whether they existed in the first place but the important thing is you feel free at last.

♋ Cancer

June 22 - July 23

The planets indicate if you work hard now you will make a name for yourself and make a handsome profit before the end of the month.

♌ Leo

July 24 - Aug. 23

There is no point trying to keep secrets from loved ones because they know you too well and can sense when you are trying to hide something.

♍ Virgo

Aug. 24 - Sept. 23

The Sun moves from one of the more serious areas of your chart today but that doesn't mean you can't have fun. You will, however, have to focus more on work and health issues.

♎ Libra

Sept. 24 - Oct. 23

You can change a number of things over the next few days but if you really want a better day-to-day experience you must change your attitude.

♏ Scorpio

Oct. 24 - Nov. 22

Put other people's needs first today and tomorrow, because if you do a favour for partners and loved ones now they will do no end of favours for you.

♐ Sagittarius

Nov. 23 - Dec. 21

This is a good time for traveling and having fun with your friends. Don't worry if you are a bit short of cash because you will meet up with someone who enjoys buying you things.

♑ Capricorn

Dec. 22 - Jan. 20

Your head is full of good ideas and some of them may even be great but now you need to get your act together and decide which should be followed up on.

♒ Aquarius

Jan. 21 - Feb. 19

A little bit of effort will go a long way over the next 24 hours. All things are possible if you desire them enough.

♓ Pisces

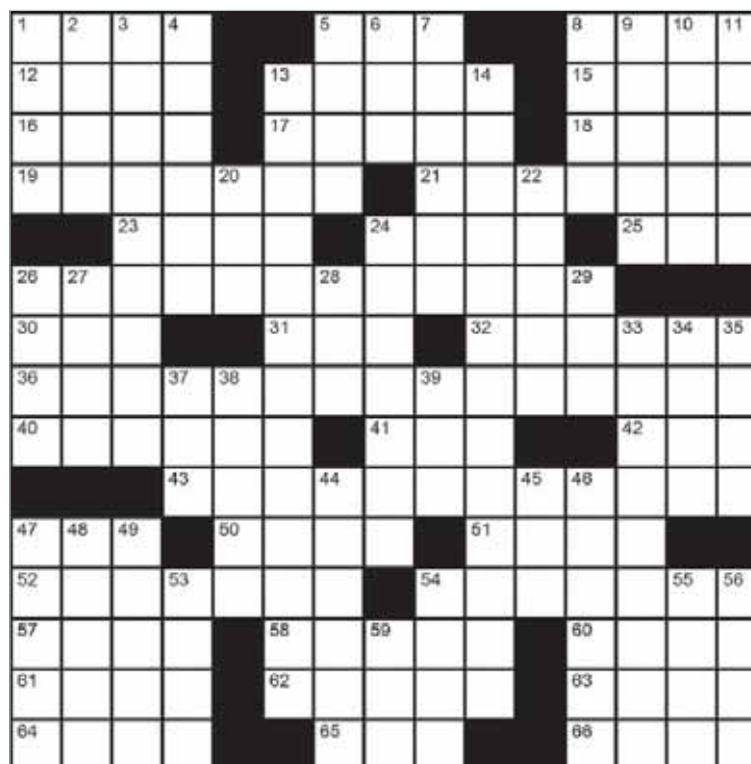
Feb. 20 - March 20

You will be in a thoughtful mood today and that's good because the more you think about certain issues now the more likely it is they will work out for you later.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Medieval chest
5. Dickens character
8. Pining
12. #13-Down ingr.
13. Songstress Ms. Black
15. Island of Indonesia
16. Test product
17. "I shall never see ___ lovely as..." - Joyce Kilmer
18. Ottawa Senators Right Wing Mr. Condra
19. Pertaining to goats
21. Microsoft game console: 2 wds.
23. How music might be released: wd. + acr.
24. Person departing
25. Mr. Knight
26. 1847: M-H = ___ (Agricultural machinery manufacturer founded in Newcastle, ON)
30. 'Meth' suffix
31. Low: French
32. High IQ society member
36. ___ of Canada (Art program maintained by Library and Archives that depicts historic Canucks): 2 wds.
40. Lippy one
41. Time off letters
42. Jogged
43. Steven Blaney = Canada's Minister of ___
47. Eggs, scientifically
50. US Attorney General Mr. Holder
51. Musical instrument
52. "Star Trek" alien
54. Light bulb type
57. Applaud
58. Tibet's neighbour
60. Mother: French



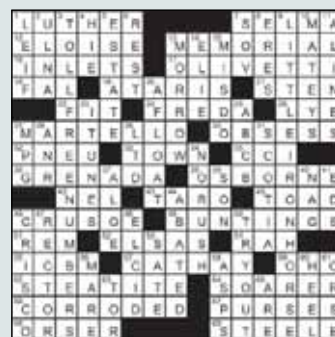
61. Hertz rival
62. Dentist's feared tool
63. European erupter
64. Movie company
65. Fixed
66. Canadian rebel

- band
2. Ms. Perlman
3. Oscar Peterson and Glenn Gould, at times
4. Fallen-to-forest-floors findings
5. Tube
6. UN workers' gr.
7. Reflex-testing hammer

8. Wild goat
9. Futuristic card
10. "Crazy" songstress Patsy
11. Boosted
13. Coffee Crisp, for one: 3 wds.
14. Actress from London, ON who stars as Amy Fleming

- on CBC's "Heartland": 2 wds.
20. Beverage brrrr-er
22. Oxford University college
24. ___ bypass surgery
26. Driving directions drawings
27. Buffalo type
28. Yes, in Japan
29. Prog. on Mike Myers' resume
33. Ecosystem of Tanzania famous for the land migration of wildlife
34. Smell ___ (Be suspicious)
35. Central Park locale: acr. + acr.
37. Meal-making measurement, mini-ly
38. J.R.R. Tolkien = John Ronald ___ Tolkien
39. Health supplements store
44. Ocean crossers
45. Certain ISP
46. Liza ___ (Kitchener, ON born host of Global's "The Morning Show")
47. Killer whales
48. Car company
49. At full force, poetically
53. ___-daisy!
54. Cease
55. Coastal bird, variantly
56. Actress Patricia
59. "American ___" (1999)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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